



# infant massage class

*Certified instructors are excited to help you learn interactive communication with your baby through loving touch.*

## The benefits of Infant Massage:

- Relaxes and soothes to relieve stress for parent and baby
- Deepens bonding and enhances ability to nurture
- Improves communication and increases confidence
- Contributes to a healthy development of baby's body, mind and spirit
  
- Helps relieve gas and symptoms of colic in baby
- Helps baby to sleep better
  
- Classes are "ongoing" and no fees will be charged

**SHAPE Health Facility, 2nd Floor, EDIS Playroom - Thursdays, 1100-1200**

*The classes are open to all military and civilian families with children newborn through 12 months of age.*

*Please call USAG BENELUX/ACS  
**New Parent Support Program**  
DSN 423-4274/5324 or  
CIV (065)44.4274/5324 for further  
details and class dates  
or contact Women, Infants, and  
Children Overseas (WIC-O) DSN 423-5971 or  
CIV (065) 44.5971*

